

Abstract of the Disclosure

An exercise machine includes a frame designed to rest upon a floor surface; a back rest mounted on the frame; and a foot platform mounted on the frame. At least one of the foot platform and the back rest is movably mounted on the frame in such a manner that a person may rest his back against the back rest and exercise his quadriceps muscles in isolated, closed chain fashion. A resistance device is preferably provided to resist an increase in distance between the user's hips and the user's feet due to straightening of the user's legs at the knees.